



From **STRESS** to **ZEST**

Are current circumstances stressing you out? How do we thrive and be mentally resilient in the new normal of COVID-19?

Learn the art and science of being mentally resilient and go away with practical handles on how to deal with stress and prevent burnout. *From Stress to Zest* has been successfully run across several countries and has been well-received.

This carefully designed talk helps participants to explore questions including:

- *What is stress? Is the same as burnout?*
- *Do I, my loved one and/or colleagues have burnout?*
- *How does one begin to take steps to prevent or overcome burnout?*

Hear from James, the Lead Thrive-Synergist & Founder of a local social enterprise on how to grow and thrive through building mental resilience with the 5S strategies.



James is a social worker and had himself experienced and overcame burnout at least five times. He gleaned many life lessons and grew from it. Today, he makes helping people, organizations and communities grow and thrive his mission.



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